

29 April 2021

Dear Parent / Guardian

**Year 13 Personal Development & Coaching Trip – WILD 24
19th-20th June 2021**

We are delighted to announce a unique opportunity for a limited number of our Year 13 students to undertake a powerful 24-hour coaching journey in the wild. The journey will see students explore the open moor, high rocky tors, ancient forest, rivers and sites of human spirituality on Dartmoor. They will be immersed in a human journey in the wild for 24 hours and will leave feeling refreshed, reconnected and ready for whatever comes next.

We know it has been a hard year; we want to support students and allow them to refocus and reflect as they move on to the next stage of their lives. The aim of the two days is to give them the chance to reflect on their experiences and the experience of others, connect with themselves, others and the wild, and explore emotional competence as well as improve mental health and wellbeing.

The programme will include 1-1 coaching sessions, overnight (wild camp) sleeping under the stars, mindfulness, cold water immersion, open fire cooking, breathing exercises and goal setting,

Due to the bespoke nature of this trip as well as wanting to ensure each participant acquires the most from the experience, we can only accommodate **8 students**, but will look to open up additional opportunities should there be substantial interest.

We are working alongside The Living Project, who hold accreditation from the Adventure Activities Licensing Authority. The experience will be led by Josh Buplin and Cormac Davey, two incredible humans who hold qualifications in Leadership, Coaching and Counselling. They have previously worked for the United Nations supporting their urban planning, humanitarian and devolvement projects as well as leading in excess of 20 expeditions to destinations such as Nepal, Bolivia, Uganda, Namibia, and many others. These leaders have each been chosen for their leadership, coaching, personal skills, experience, training and qualifications. Participants will have the opportunity to spend some time in school with Josh & Cormac in advance of their coaching journey as well as meeting with them afterwards to review and reflect on the experience.

Cost: The cost of this trip is **£249** and includes food, fully qualified instructors, all group/emergency equipment, 'Outside Lies Magic' up-cycled journal and transport. *We would not wish boys to be excluded from the trip for purely financial reasons. If you feel that the cost involved is prohibitive, please do contact me in strictest confidence as there may be funding available to assist you.*

Timings: Depart: 0800 on Saturday 19th June 2021 **Return:** approx. 1800 on Sunday 20th June 2021

If you wish your son to take part in the trip, please **log onto ParentPay from 0900 on Friday 30th April**, look up the "Wild24 Trip 2021" and pay the **first instalment of £100 by Friday 7th May** to register interest. As there are only 8 spaces available on the trip, the **final allocation of spaces will be randomly selected**, with the remainder being placed on a reserve list. Should an applicant not be successful a full refund of the deposit will be provided. If you are unable to pay online, please contact the Finance Office promptly to pay by an alternative method. Those boys successful in their application will be notified on Monday 10th May via Teams.

Finally, I would be happy to answer any questions you may have by email (address below). As usual, please inform the School of any changes to the medical condition of your son and any changes to emergency contact numbers before the trip departs.

Please do not hesitate to contact me if you have any questions regarding the visit.

Yours sincerely,

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